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THE WIDOWES TREASVRE

Plentifully furniſhed with ſundry precious and approved Secrets in Phyſick and Chirurgery, for the health and pleaſure of Mankind.

Hereunto are adjoyned ſundry pretty Practiſes and concluſions of Cookery, with many profitable and wholeſome Medicines for ſundry Diſeaſes in Cattell.

LONDON
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TO THE COVRTEOVS READER.

THis Pamphlet being written (not many yeares paſt, as it ſhould ſeeme) at the earneſt requeſt and ſute of a Gentlewoman in the Country for her private uſe, which by theſe ſingular practiſes hath obtained ſuch fame, that her name ſhall bee remembred for ever to the Poſterity. The originall Copy (by great chance) was lent mee, by an eſpeciall friend of mine, in the peruſing whereof, I found it ſo furniſhed with ſuch rare experiments and pretty conceits, as the like are not, to my knowledge, extant in the Engliſh tongue. I thought it my duty, for the health and pleaſure of many my friends, to ſet them forth to the view of the world, to bee practiſed eſpecially of thoſe that take delight in

ſuch matter, or have any occaſion through their defects to uſe them for their healths ſake. This I dare preſume to report of the work, that there are herein included very many ſecrets, that I know by the Widowes owne practiſe, to bee moſt ſingular and approved, and though perhaps they are not orderly ſet down as many of better skill might have done, I deſire you to conſider that this was of the collection of ſuch an one, as never once thought to have made common, but only to his good friend *M. R.*

This caveat ſhe alſo giveth by the way, to read them adviſedly and practiſe with diſcretion, and as you finde, commend: and ſo with all humility concluding, I dedicate unto you this her Treaſure and chiefe Jewell, deſiring you to be a defence as well for her as me; from all ſuch as ſhall in your hearing ſcorne her or me, for diſcloſing ſuch profitable experiments.

Farewell.

THE WIDOWES TREASURE.

To make Syrrope of Roses or Violets.

TAKE of Violets or Roses a pound, steepe them in three pints of warme water, put it in an earthen pot with a narrow mouth, the space of eight houres or more, after straine it and warme the water again, and put in it againe so many Roses or Violets, and likewise let them lie eight houres: and thus do at the least fiue times, the oftner the better, in especiall the Roses. and after take to euery pinte halfe a pound of Sugar, and steepe them together with a soft sweet fire to the heighth of a Syrrop: If you haue more Roses or Violets, or fewer, let so much bee the proportion of the water, according to the proportion before.

To make Diatrion Piperion the best.

Take white Pepper, black Pepper, and long pepper, of each six drams, and eighteen

graines, Time, Ginger, Aniseeds, of each a dram, beat the long Pepper, Aniseeds, Ginger and Time into fine powder, bruise the other two Peppers as grose as may be, then take sugar clarified with hysop water, 18. ℥. seeth the Sugar, and take so much of the water aboue said as will couer it. To know when it is enough, drop a drop on a sawcer, and if it will come from the sawcer without cleauing, it is enough. Then after cooling, put in your powder and stirre them all together, and after put all into a pot.

Virtutes hujus confectionis sequuntur.

THis decoction is good to eat
alwayes before and after meat,
For it will make digestion good,
and turn your meat to pure blood,
Besides all this it doth excell,
all windinesse for to expell.
And all grosse humours cold and raw,
that are in belly, stomack, maw.
It will dissolve without paine,
and keepe ill vapours from the braine:
Besides all this it will restore
your memory though lost before.

Vse

Vse it therefore when you please,
for therein resteth mighty ease.

To make Rosa-Solis.

First take a quart of the best Aqua vitæ that you can get, and put it into a glasse or pot of earth, then put into it fiue handfuls of Rosa-solis clean picked, and the roots and dead leaues cleane clipped off, a quartern of Sugar beaten to powder, nine Dates opened, and the white skinne within pilled or pluckt off, then shred the Dates in smal pæces, and one Ginger ʒ. di. ʒ. Nutmegs, ʒ. Annisæds, ʒ. iiii. liquorice, beating all these last rehearsed into fine powder, then put them all together in the said glasse or pot, letting them stand very close stopped the space of thrée or foure dayes, then take them all and straine the foresaid things into some cleane vessell as hard as you may, so that you may haue as much of the strength as is possible to haue of it: then take and put the liquor into the glasse or vessell that you meane to preserue it in, and stop it very close that no strength passe out of it.

Doctor *Hatchery* powder against the Stone.

Take the rootes of Ireos, Liquorice, Ca-

Iamus Aromaticus, the barie of the Yarts skin burnt, of each ʒ i. the rootes of Enula campana, Philependula, Ginger, long Pepper, Aniseeds, Fenell-seeds, Saxifrage-seed, Ana, ʒ ii. Cinamon, Maces, Ciperus, Spikenard, Saffron, Betony, Ana, ʒ i. Sugar ℥i. Sene of Alexandria, ʒiii. Rhubarbe, ʒi Of all these premises make a powder fine and small, and take thereof the weight of viii. d. in the morning fasting with white Wine, twise or thrise a weeke luke warm. It cleanseth the bladder, backe, reines, and kidneyes from the Stone, it remedieth belly ach, and prouoketh a lare.

Master *Stranges* plaister against the Stone.

Take Plantain, Fetherfew, garden Tansie, and Houstœke, of each a like quantity, stamp all these together, and straine them, then take the iuyce and put to it Bean flower as much as shall make it thick, and then take three or foure spoonfulls of Honey, and clarifie them on the fire: which done, put the iuyce and the flower into the Hony, and boyle them on the fire together untill they bee

be stiffe like a plaister. When you will vse this medicine, you must take a double cloth that shall be a quarter of a yard broad, and as long as will goe round about you, and as hot as you can suffer it round about you, and this must you weare two daies and a night, or else two nights and a day before you take it off.

To provoke sleepe.

Take a spoonefull of Womans milke, a spoonefull of Rosewater, a spoonefull of the iuyce of Lettice, boyle them in a dish, then take some fine flax, and make your plaister as broad as you will haue it lye on your forehead, and then moyst it with the same liquor, and graie a little Nutmeg to strew ouer it, and lay it to your temples and it will prouoke sleepe.

A soveraigne medicine for the Collicke.

Make a toste of houshold bread of cleane Wheate, and euer as you toste it, cast Malmesie on it, then take dryed Lauender Flowers, and cast it on the toste, then lay it on a thin cloth, and as hot as you can suffer it lay it to your Nauell, as close as you can.

To make Aqua Compoſita.

Take a handfull of Roſemary, a good roote of Enula campana, a handfull of Hiſop, di. handfull of time, di. handful of ſage, ſix crops of Mints, as many of Penirial, as many of Maiorane, di. handfull of Horehound, two ounces of liquorice, two ounces of Aniſeeds bruiſed: then take three gallons of good Ale, and put therein all theſe things afore ſaid, and couer the pot cloſe till it boile, and then ſet on your Limbecke, and keepe vnder it but a ſoft eaſie fire. And if a man haue the ſtone, theſe hearbs bee good to put into the ſaid water, viz. di. handfull of Saxifrage, one handfull of Parſley, di. handfull of Philipendula, and di. handfull of Fennell.

For Cough and flegme in the Stomacke.

Take a quart of ſtale Ale, and a handfull of Gooſemeat which is named Hayreſe, and a quantity of pared Liquorice, and a quantity of ſmall Raiſons, and boyle all together into a pinte, and drinke thereof firſt and laſt.

For the Sciatica.

Take Sauery and mix the iuyce thereof with Wheate Flower, and make a plaiſter

ster thereof, and lay it where you feele the paine.

A soveraigne oyntment for weakneſſe in the backe.

Take a handfull of Daſie rootes, and as much of Plantaine, Burſa Paſtoris, Centumnody, and the crops of Acornes, Ana, a handfull of Bole Armoniack, and the powder of Harts horne, then take a buck Cony that is fat, and boyle all theſe together in white Wine and water, as much water as Wine, till the ſaid Cony bee conſumed the fleſh from the bones, and after take the Cony and the other geere forth of the broth, and ſtraine the broth into a cleane veſſell, and let it ſtand till it turne into a Jelly, and when you be in bed, cauſe the backe therewith to be anoynted by a chaſſindiſh of coles three nights together, and lay thereon a linnen cloth warme, and ſoftly lay it on, but in no wiſe chafe your back.

For flegme or ſtopping in the Stomacke.

Take two handfuls of honiſuckle leaues, and an ounce of Aniſeeds, and three ſticks of Liquorice, boyle all theſe together in a quart of water, till they bee boyled from a

quart to a pinte, then drinke thereof in the morning fasting.

For Strangury or stone in the reynes of the backe.

Take water of Camomill stilled, and drinke thereof when you feele paine, an ounce fasting, untill the paine be allaid, and eat a little Sugar after, because the water is bitter.

To make Oyle of Camomill.

Take Oyle a pinte and a halfe, and three ounces of Camomill flowers dried one day after they be gathered in the shadow, then put the oyle and the flowers in a glasse, and stop the mouth close, and set it in the Sunne by the space of forty dayes.

To make Oyle of Roses.

Take Oyle washed eighteene ounces, the buds of Roses, the white ends of them, cut away three ounces, lay the Roses abroad in the shadow foure and twenty houres, then put them in a glasse to the Oyle, and stop the glasse close, and set it in the Sunne at least forty dayes.

The manner how to wash the Oyle.

Take and put it into a bason of faire water, and beat it well with your hand that the

the dross may fall downe, then take of that part which remaineth aboue on the water with a spoone, and put the same oyle into another bason of faire water, and wash it as you did before, and so purifie it three or foure times.

To make the Oyntment of Roses.

Take oyle of Roses foure ounces, white Wax one ounce, melt them together ouer seething water, then chase them together with Rosewater and a little white vinegar

To make a Tysand

Take Borage, Langdebeefe, Sorell, Endiue, Cinquefoile, two or three handfuls of Barly well picked, and both the ends taken off, then take halfe a handfull of red Fennell rootes, and a quantity of Liquorice, Sugar-candy, Figs, Dates, great Raysins, boyle all together from a gallon to three pintes.

For the Strangury.

Take a pound of Guiacum, otherwise called Lignum vitæ, and let it be beaten to powder as the Apothecary informeth you, then put the substance thereof in a pot with three quarts of pure water, and close the

mouth of the pot surely, that in no wise the aire thereof goe out, then make but a soft fire under the pot, that it doth not seeth or boyle, and to remaine so hot, but not boyling, the space of 24. houres, and at the end of 24. houres open the head of the pot, and take the whole substance and liquor and put it in a Stillatory, and put thereto a pottle of white Wine, and when you have stilled the same, drinke thereof every morning fasting, or any time when you feele paine, and if you will have but halfe a pound of Gutacum, then according to the proportion of that quantity, use the ingredience that is above written: and because many cannot come by white Wine, if you have a pound of Gutacum, after the rate put to the pound a gallon of cleare water, to be ordered the space of 23. houres as is aforesaid, then straine it through a cloth, and drinke it at your pleasure, but the vertue thereof will not last three or foure dayes.

A Clyster for the Strangury.

Take Camomill flowers and Melons, of each one handfull, seeth them in a quart of water to a pint, then straine the liquor and put thereto three ounces of oyle of Camomill,

momill, and the weight of two grotes of Iesse of salt, and so prepare the Clyster.

For the swelling of the Yard, or Cods.

Take Egrimony, of the water therof stilled, and put thereto a quantity of Allom, and set them ouer the fire till they almost boyle: then with a rag of Linnen cloth anoint the Yard under the skin with the water well and warme: and it will abate the paine of the Yard and of the Cods also, if they bee washed with the same. And to incarnate the skin of the Yard within, take the water of Fumitory, and lay Liquorice pared therein one night, and put of the same water into the Yard with a sponge, or else with a tent of Linnen cloth.

Doctor *Barties* medicine for Aches with swellings.

Take flowers of Camomill and Rose leaues, seeth them in white Wine, making a plaister thereof, lay it to the place where any paine, ache, or swelling is.

To make one pisse.

Take the powder of the Berries of Iuie, and drink it with white Wine, or else with stale Ale hot.

The worthy Doctor and excellent practi-
tioner Rasis writeth, that whosoeuer often-
times snuffeth up into his nostrils the iuyce
of great Maiorane, shall neuer be diseased
in the head.

A singular remedy for all diseases in the
head of what cause soever.

Take a handfull of Camomill, a handful
of Betony, a handfull of Veruine leaues
clean picked, stamp them and seeth them in
Ale-wort. and when it hath sod, put there-
unto a little Commin-seed finely beaten
with a little powder of Harts-horne, three
spoonefuls of Vinegar, the yolks of two Egs
and a little Saffron, stirre them about, and
lay a plaister hot ouer al his forehead. It is
an approued medicine for the Megrim.

Shell worms that are found between the
barke of Trees, which will be round like a
Pease, sodden in oyle, it maketh a singular
ointment for the Megrim, & the same oyle
dropped into the eares, swageth the paine.

An approued remedy for the
Tooth ache.

The rootes of Henbane sodden in Vine-
gar and Rose water, put the decoction in
your mouth.

A worthy Purgation to avoide Choller.

Take halfe an ounce of Cassia newly drawne, a dragme of good Rubarb, infused a night with water of Endife, with a little Spikenard, and an ounce of syrrope of Violets, mix all the said things with three ounces of Ptisan or Whay, and drinke it warme.

Against the unkindly heat of the Liver.

Take a good handfull of Liuerwort that groweth vpon the stones, and another of Funlitory, with as much of Harts-tongue, and seeth them in Whay clarified, and drink them every day twise. Also seeth Barbaries in Whay, and drinke it.

The Liver of a Hare dryed and made in powder, is approued for all diseases of the Liver.

Mithridates medicine against corrupt Aires.

Twenty leaues of Rue, two fat Figgs, two Walnuts, and a little salt: whosoever eateth of this composition shall be safe from all kind of venime that day.

To increase milke in Womens breasts.

Parsnep rootes, and Fennell roots sodden in broth of Chickens, and afterwards eaten with a little fresh Butter, maketh your milke increase.

Rice sodden in Cow-milke with crumes of white Bread, Fennell seed in powder, and a little Sugar is exceeding good.

Cystall made in fine powder, and mixed with as much Fennell seed and Sugar, and vse to drinke it warme with a little Wine.

An excellent Sope for Scabbs and Itch.

Take white Sope halfe a li. and steep it in sufficient Rose water, till it be well soaked, then take two drames of Mercury sublimed, dissolue it in a little Rose water, labour the Sope and the Rose water well together, and afterward put in it a little Muske or Cinet, and keepe it: this is singular to cure a great Scab or Itch without perill.

An approved medicine to drive away Lice,

Take the dregs of oyle, or fresh Swines greafe

greaſe a ſufficient quantity, wherein you ſhall chaſe an ounce of Quickſilver, til it be ſunke into the greaſe, then take powder of Staueſacre ſerced and mingled al together, make a girdle of a woollen till, meet for the middle of the patient, and all to anoynt it ouer with the ſaid medicine, then let him weare it continually next his skin, for it is a ſingular remedy to chaſe them away.

The only odour of Quickſilue ſ killeth Lice.

For to ſtop the Flux.

Take Sene crops and ſtamp it, and drink it with ſtale Ale, and it will amend by Gods helpe.

For the bloody Flux.

Take an Apie and roſt it, and put therin as much wax as a beane, and let the Patient eat it, and by Gods help it will amend.

For a bruiſe.

Take an Ore gall and Onions, and fry them with ſheepes tallow, and it will helpe preſently.

An oyntment for the backe.

Take foure ounces of Unguentum Frigidum Galeni, an ounce of the iuyce of

Houſleke, two dragmes of Wittle, and as much of Lead burned, one dragme of Camphire, halfe a dragme of red Roſe leaves, as much red Coxall, and according to Art make all theſe an oyntment in a mortar of Lead.

For an Ague.

Take an handfull of Yarbe horne that groweth in the field, and a handfull of Wayſalt, and lay it to your wriſts.

For the Tooth-ache.

Take Betony, Sage, and Allome, ſeeth them in Vineger, and let it lye in your Mouth.

To keepe Veniſon freſh a long time.

Preſſe out the blood cleare, and put it into an earthen pot, and fill it with clarified Honny two fingers above the fleſh, and bind a leather cloſe about the mouth that no aire enter in.

To keepe it from rotting after it is new ſlaine.

Cover it cloſe from the Sunne or Aire with Feame, and lay it in a cold place, then waſh it cleane, and let it lye in water halfe a day

a day, and then lay it on the floore to dry, then set the water and salt together, and let it coole till it be luke warm, and then wash the Venison therein, and let it lye in that pipkin three dayes and three nights, then take it out, and powder it with dry salt, and Barrell it and stop it fast.

To keepe Peares.

Put them in a vessell that they touch not each other, and make a bed of Peares, and another of fine white Salt, and couer them close.

To kill Lice.

Make a fire and put quicksilver therein, and hang the clothes ouer it in the smoke, and no vermin will come in them.

Against drunkennesse.

Drinke the iuyce of Yarrow fasting, or eat the marrow of Porke fasting.

To make Linnen cloth, or Yarne white.

Take an Herring Barrell, and fill it full of Ale droggs, and stop it fast, but first you must haue a good dishfull of parched beans, and put them in a Linnen bagge, and being

hot, put them to the dregs till they be coole, and shut it fast the space of a quarter of an houre, then take a pound of Allum ground to ponder, and cast it therein, and let it lye so foure dayes well closed, then wash it.

To remedy the feet that are sore with Travelling.

Take Plantaine, and stamp it well, and anoint your feet with the iuyce thereof, and the griefe will swage.

A notable experiment against the Tissicke of the Lungs.

Take of the Pimpernel brought into very fine powder two ounces, of new Pimpernellwater and of Sugar as much as shal suffice, making thereof an Electuary, of which take daily two dragmes.

Parsley with crumes of Bread applyed in stead of a plaister, doth heale the Shingles, but the decoction of the same drunke doth breake the Stone. Florenti.

Mints put into Milke, it neither suffereth the same to curd, nor to become thicke, in so much that laid in curded Milke, it would dis-

dissolue the same againe, so that by the same vertue and property he saith to resist and abate the generation as well in man as woman. Florenti.

A good drinke for the Pestilence.

Take a Lilly root and wash it clean, and boyle it in white Wine till the one halfe be wasted, and then giue it the sicke to drinke, and he shall breake out full of bladders, as if he were burnt or scalded, which of themselues will dry and ware whole. Pastor.

Chestnuts eaten with Pony fasting, doe help a man of the Cough.

To make a perfect black Inke to write or limme withall.

Take one pound of Galls, one pound of Gum Arabick, of Witriall an ounce, bruise your Galls and Witriall, and put them into a vessell fit for your purpose, fil it with white Wine, that all your stuffe may bee couered aboue an hand breath: then set it in the Sunne and stirre it daily.

A very good Greene.

Take the iuyce of Rue, Verdegreece, and Safron, bray them, and when you will

use it, mingle it with Gum me water.

Another Greene.

Take Greene Bayes, steepe it alone in Vinegar, then straine it thorow a Linnen cloth, and grinde it with a little Hony and Gumme water.

An Emerauld greene.

Take Verdigreece, Litarge, Quicksilver brayed to powder, and ground with the pisse of a young Child.

To make a Colour like Gold.

Take an ounce of Orpiment, one ounce of fine Crystall, bray them seuerally, and mingle them with the white of an Egge.

Take Saffron dryed beaten into powder, and put to it as much glistering Orpiment. that is scaly, and not earthy, then with the gall of an Hare, or a Pike, bray them together, put them in some Viell under a dunghill fiue dayes, then take it out and keep it, for it is the colour of Gold.

A notable receipt to make Ipocras.

Take of Ginger two dragmes, of Cinamon. xiii. Cloues, Nutmegs, and Galanga,

of

of each a quarter of an ounce, stampe them, and put them in a bagge or strainer. Then take a pinte of the best red or white Wine that you can get, or a pint of good Malmsie, and mix them all together, then take a pound of Sugar fined, and having stamped it, put it into the other Wine, and so powre it upon the strainer wherein you did put the said Wine with spices, then having taken it out, you must powre it out againe, so often until it become as cleare as it was before, stirring it sometime in the strainer or bagge, with this speciall note, that that is best to make a Flaggon full: Therefore as you will haue it in quantity, take the more store of the said things: you may binde a little Muske in a faire linnen cloth at the end of a strainer, so that all the substance may runne ouer it, so that it shall haue the odour of Muske.

A proper deuice to make Lights of an excellent sauour.

Take two ounces of white Incense, of Camphire an ounce, beate it in powder, and make thereof little round pellets, adding thereunto some white Wax, then put them

them in a platter full of sweet water, and fire the pellets with a candle, and you shall haue an excellent light and sweet sauour.

To destroy Lice.

Take Frankincense beaten to powder, and a quantity of Boyes grease, and boyle them together in an earthen pan, and therewith anoint the places where the Lice are.

To make Red Inke.

Take two ounces of Brasil, and a pinte of water, and put the Brasill into it, and let it remaine there six or seauen houres, then seeth it vntill the third part be diminished, and it is a perfect red.

To know whether Wine be mingled with water, or no.

Take ripe Mulberies and put them into your Wine, if they swim the Wine is pure, but if they sinke there is water mingled.

Also a Peare cleane pared causeth the same effect.

To heale lips that are chapt with winde or cold.

New Wax, Mastick, and Frankincense with oyle of Roses, all this made in an ointment,

ment, and therewith anoint the chaps, and they will heale presently.

For kibed heeles.

Take Gum Dragant, and Galbanum of eace alike, and make thereof a powder, then take Ore tallow, and a little oyle of Violets and melt them on the fire, and therein put the said powders, and make thereof an oyntment wherewith to dresse your heeles.

For Scabs in Children.

Oyle of Roses, the weight of sixpence in common salt, and a little fresh butter stirred altogether, until it become an oyntment, healeth them.

To destroy Crablice.

Ashes laid on Oyle, or take of Aloes, Olibanum and Ceruse, of each foure ounces, beating them all into powder, and mingled with oyle of Roses, or fresh Barrowes grease.

An order to make Wormwood water, the best sort, as followeth.

Take six gallons of old and strong Ale, and take a boyder full of Wormewood cleane picked and washed, the water well wrung out of it or shaken, halfe an ounce of large Mace, half an ounce of Cynamon, two

ounces of Nutmegs, a quarter of a pound of Aniseedes, and as much Liquorice, and bruise all those spices together, but not too small, and cut the worm wood betwixt your hands, and then seeth all these together in the pot, and still them as you still Aqua vitæ together, and so you shall have 2. quarts of the best, besides the smaller or weaker.

To make a good Posset-curd.

First take the Milke and seeth it on the fire, and before it seeth put in your Eggs according to the quantity of your milke, but see that your Eggs be tempered with some of your milke that standeth on the fire, and you must stirre it still until it seeth, and beginneth to rise, then take it from the fire, and have your bowle ready on a chafindish of coles, and put your milke into the bason as it standeth, and cover it, and let it stand a while. then take it up, and cast on Ginger and Cinamon.

A medicine for the Mother.

Take Pennyroyall, and stamp it, then take two spoonefuls of the said juyce, and a spoonfull of Mallet oyle, and let it seeth always two parts,

parts, then doth that remaineth but the quantity of the oyle only, and anoynt the place where the Wother riseth.

To make Syrrope of Roses or Violets.

First haue a glasse with faire water, and make it warme in a pot of seething water, and when your water in the glasse is warme then put to it Rose leaues, and let it stand till it be cold, then wring out your Roses, and make the foresaid water warme again as before, and then put in other Roses, and so doe many times, and then put in Ginger, and seeth it vntill it be syrrope.

To take away the Cough or Stitch.

Take a pinte or a quart of Malmsie, one handfull of Anniseeds, one handfull of vnset Hysop, one Liquorice sticke bruised, halfe a dish of sweet Butter, seeth all these things together till they be thick, and after spread it vpon a toste of wheat bread, and lay them within a Linnen cloth, as warme as you may suffer it to your stomacke. But if you will take this for a sticke, leaue out the Butter.

The head anointed with the iuyce of Leekes, preserueth the haire from falling.

To make a Jelly.

For a pottle of Jelly, take of Cinamon a quarter of a pound, of Ginger two ounces and di: of Graines two penny worth, of long Pepper two penny worth, Cloues halfe an ounce, of Sugar two pounds, di. of Turnsole two ounces and di. and ten Nutmegs, looke that the spice bee good and well made cleane, then take six Calues feete, or an old Cock, and three quarts of Claret wine, and a pint of water, and let them boyle so long together vntill you may see the sod liquor clamish betweene your fingers, then take it from the fire, and strain it through a strainer, and so let it stand till it be cold, that the filth may descend to the bottome, and when you will finish your Jelly, take the best of the said liquor & put into an other pot with the proportion of spices, and boyle them together by the space of halfe an houre, and in the meane time make cleane your Turnesole and dust it well, then take a Ladle full of the said liquor and put your Turnsole in it, and when it is a little well soaked, then

wring

wring out so oft as it shall be needfull, untill your Jelly be faire coloured. Then take the whites of eight Eggs, and beat them together a good while, and skim off the froth, and a little before you shall think it time to draw your Jelly, put the said whites into the Jelly with three spoonefuls of Vineger, and forthwith draw your Jelly thorow a woollen bagg, and put in a branch of Rosemary in the end of it, and so dish it.

How to dresse Orenges.

Take Orenges and shave them with a knife, and quarter them like an Aple, and take out all the meat out of them, and lay them in water, and shift them twise a day: when you think they be enough, take them out, then set on faire water on the fire, then put your Orenges in and parboyle them, then take them out, and set their mouths downeward in a Flasket that the water may run out, then set on faire water over the fire to parboyle them againe, and if they be not well parboyled, boyle them againe till you may pinch them thorow, then take them out and put them in a faire cloth, and lay them in a Flasket that it may draine

out of them, then take a Gallon of running water & put them into it, and at every foure Orenges you must put in a pound of Sugar, and when you haue done so, set it on the fire, but before you set it on the fire, take an Egge and breake it, and take out the white of it, and lay it in water, take your hand, and beate in the water, and set it on the fire, and let it burne cleare under it, and looke that no smoke arise, and when it doth seeth, skim of the top off it very cleane, then take it off the fire, and with a streiner straine it into another pot, then put in your Orenges, then make the fire good and temperate, so that it seeth not too fast, then you must take a spoone and skim off the fome, so that you touch not the Orenges, and as the syrrope doth seeth, so with a spoone turne them, and alwayes lay the syrrope upon the Orenges; when they haue sodde halfe an houre take them out, and let your syrrope seeth a good space, then take some of the syrrop and coole it, and if you see it any thing stiffe, then put the Orenges into it againe.

To preserve Damsons.

Take a glasse that hath a wide mouth, and strew some Sugar in the bottome, then

lay

lay a row of Damsins and a row of Sugar, thus doe till your glasse be almost full, then put to it Rose water, and a few Cloues and a little Cinamon. then stop your glasse with paste, then haue a pot with hot water ready on the fire, and put some Hay in the bottom of the pot, for sauing the glasse from breaking, and let not your pot boyle too fast, then take up the glasse, and looke whether your Sugar be consumed, and in the meane space make ready your syrrop, then when it is cold put in your Damsins. The syrrope must be made of Sugar and Wine, Rose-water and whole Cinamon, or halfe faire water diuided, that the glasse must boyle till the Sugar be consumed.

To make dry Peares.

Take faire water and Rose water, according to the quantity of your Peares, then take Hony as much as you shall think good and put in your Peares, then let them seeth very softly, that they breake not, then take them out and put them in a Colander and let them draine, then when you draw your Bread, put them into the Ouen in some earthen pan, and if they by not dry at the first, put them in againe untill they bee

dry, then barr ell them.

For the shaking of the hands.

Wash your hands in the water that is in a Lauor, and put therein some Sage, let your hands dry of themselves without wiping.

To stay the bloody Flux.

Take and cut out a peece of Beefe of a new killed Ore about the brisket, and eat it raw, and this helpeth it.

To restore the blood againe.

Take halfe a pinte of Muskadell, and a pennyworth of Sallet oyle, and put them together and drinke it in the morning, and walke an houre after.

For the running of the Reynes

Take Pellitory of the wall a good handful, wild Time and Parsly, boyle them in a quart of strong Ale, vntill it come to a pinte, and drink thereof morning and euening, nine or ten dayes, half a pint at a time, and warme it.

For the Ague

Take a handful of Smallage, and a handfull of Bay Salt, and a handfull of white Frankincense, and fiue Plantaine leaues, beat all these finely in a mortar, then diuide them

them into foure parts, and lay two parts to your wrists, and the other two parts to the bought of your armes. An houre before your fit come, you must haue a pinte of Ale sod to the one halfe, and when it riseth skim it, then put in a white Bread crust, and let it seeth with the Ale, and when your Ague beginneth to come drinke it, and eat the crust of bread.

A drink for the Ague.

Take Bay leaues, and Sage leaues, and seeth them in white Wine, after strain the Wine from the leaues, then take Bayberries and braise them somwhat grossely, and put them in the Wine, and a little before your fit commeth drinke it.

A medicine, for the Worms in a Childes belly, or any other.

Take a pound of May Butter, and clarifie it in the Sunne, then take two pound of Wormwood stamped, and then weigh it after it is stamped, the Wormwood must bee gathered greene, then mingle them together with your hands after they bee put together, and set them in the Sunne nine dayes in a pot or glasse, and

let it boyle an houre and an half, then ſtrain it and put it up in a Gally-pot, or in a double Glaſſe, and alwayes at the full of the Moon anoynt the belly of the party againſt the fire, at no time elſe: the Medicine muſt be made in May.

A medicine to get Betlewigs out of a mens eare.

Take Herbgrace, ſtampe it and ſtraine it with Aqua compoſita, and put the iuyce into the eare that is pained, afterward lye downe on that ſide, and bind a cloth faſt about the head, and they will come out.

For a Leg that is ſwolne with a fall.

Take Hemlocks, and beate them hot betweene Tyles, and lay them to it, and the ſwelling will aſſwage.

For a Wen when it beginneth.

Take an old Ladle and hold it againſt the fire untill it doth fry, and anoint the Wen with that that fryeth out of the Ladle three or foure times a day, and it will helpe it.

For the Collicke.

Take a quart of white Wine and make a Poſſet, then take the Poſſet-drinke and put

put therein an handful of mother of Time, and a handful of young Parsley, and seeth it in Posset-drinke, and take halfe a peny-worth of long-Pepper, and put in the Posset, and giue it to the patient to drinke.

For the Canker in the mouth or throat, or to wash your teeth that be hollow and stinke.

Take a quantity of red Sage, and twelue crops of Rosemary, and Hony-suckles, and wild Dasies, and Cinkfotle, boyle them all in a pinte of faire water, til it be sodden to the halfe pinte, then take a little Roch-Alume and burne it to powder, and then take halfe a spoonfull of Honey, then put them into a faire cloth and straine it, and when it is cold put it into little glasses.

For the Gout.

Take Camomill, Balme, Holyhocks, Lettice, Hallowes, Groundsell, Chick-weed, of each a handfull, boyle them in faire water till they bee tender, then take a quantity of great Datem eale and beat it small, then put it into those Herbes that you haue boyled, with two spoonfulls of

Capons greaſe, and then boyle them all to-gether, untill it be ſo thicke that it may be ſpread upon a cloth, and as you ſeeth it, ſtir it that it burne not to, then being ſod, ſpread it on a cloth, that it may be laid to the grieued place as hot as may be, and it ſhall help in twiſe dreſſing.

If you haue any paine in the ſole of your foot, take halfe a dozen of the leaues of ground Iuie, pricke them and wrap them to the ſole of your foot, and ſo continue vntill you finde eaſe.

To preſerve Quinces.

Firſt pare your Quinces and coze them, then take to euery pound of Quinces a pint of Roſe-water, and a pound of Sugar, then take the Roſewater and Sugar, boyle them together with ſome of the cozes of the quinces, then clarifie the liquor with whites of Eggs, and ſet it ouer the fire againe, and when it ſeetheth put in the Quinces, and caſt in a ſticke or two of Cinamon, and if they caſt not colour quickly, couer them, and let it ſæth vntill you may put a Rush through them, then let it ſtand untill it bee cold, and ſo ſet it up.

A Borage Tart, or Spinage.

Parboyle your Spinage, then stampe it and straine it with halfe a dozen yolkes of Eggs, season it as your Creame Tart.

A medicine for the Plague.

When you suspect your selfe to bee infected, goe to bed and cause a pinte of Malmsie to be put in a pot, and half a penny worth of Graines beaten small to put in the same pot, boyle them together, and drinke thereof as hot as you can, and sweat.

Against Felons and Vncomes.

Take an ounce of Sage, of Rue, the weight of the Sage in Sene greene, wash these together, and shake out the water, dry them with a clean cloth, and chop them very small, then take soure leaven the bignesse of a Tennis-ball, black Sope a spoonfull, two spoonfuls of Tarre, stampe it in a woodden dish with a pestle of wood, lay the same morning and euening vnto it an inch thick.

Syrrop of Fumitory openeth and taketh away all obstructions of the Liuer and stomacke, and fortifieth all the members, it cureth all sores about the inward part that

some of salt and burnt water, as Scabs, Lepre, and the French-pox.

Syrrope of Rosa Solis good for swouning, or any other disease in the Stomacke.

Take a quart of the best Aqua composita, Aqua vitæ a quart, a quantity of the Roses of Solis cleane picked, and somewhat dryed in the Sunne, put all these in a glasse, set it in the Sun foure or six dayes, then take di. ʒ. of rase Ginger, di. ʒ. of Nutmegs, di. ʒ. of Cloues, white Pepper, of Graines, Aniseeds, Coriander seeds, Ana. a quarter of an ounce of Sene, a sticke of Liquorice, foure corns of long Pepper. di. ʒ. of Cinamon, then put al these Spices being well chosen, finely dryed and somewhat brused into the pot, then take a quarter of a li. of red Currans, di. a quarter of a pound of Dates, a quarter of a li. of Raysins of the Sun, viii. Figs of Algary, viii. graines of Muske, as much of Amber-greece, white and red Corall, Ana, of Pearles, ʒ. all these infused together in the said liquor, and set in the Sunne forty dayes, and closely couered that no Aire come vnto it.

Aqua.

Aqua, Rosa Solis.

Take a pinte of Aqua vitæ, a gallon of the flowers of Rosa Solis well pickt, a peece of Angell Gold, Rosemary flowers, or the herbe it selfe, and a quantity of fine Sugar, still them in a Stillitory, and keepe the water close, and vse it by a spoonfull at a time.

To make fine Cakes.

Take a quantity of fine Wheat flower, and put it in an earthen Pot, stop it close, set it in an ouen, and bake it as long as you would a pasty of Venison, when it is baked it will be full of clods, then serce your flower thorow a fine sercer, then take clouted Cream or sweet butter, but Cream is best, then take sugar, cloues, mace, saffron, and yolkes of eggs, so much as will serue to season your flower: then put these things into the Creame, and temper altogether, then put to your flower, and make your Cakes, the paste will be very short, therefore make them but little, and lay paper under them.

To make an excellent Pomander.

Take of Storax Callamita, ʒ. ss. of Beniamin two ounces, of Labdanum, ʒ. ss. of

Cloues, white Saunders, of each three dragmes, Maioraine two dragmes, mingle with these powders Muske and Ambergreece, of each a scruple: make your ball with the infusion of Rosewater and Civet, in a mortar somewhat warme.

A precious Oyntment for all manner of Aches.

Take a pound weight of Sage, as much of Rue, halfe a pound of Wormwood, and as much of crops of Bayes, and beat them very smal in a mortar, then take two pound and a halfe of Sheepes tallow, and temper it with the herbs that bee beaten, and beat them againe together new, and then put them in a pan, and set them on the hot embers, and put thereto a pottle of oyle of Oline, and let it stand upon the hot embers, two houres and a halfe at the least, then straine it through a course cloth, and put it in an earthen pot, and so vse it. This would be made in May or June.

For the Canker in the mouth.

Take white Vinegar a quantity, with as much Honey, and then set them on the fire to boyle with a little Alume: and wash your

your mouth therewith, as oft as shall need.

Take the iuyce of plantaine and Vinegar, and water of Roses, and wash your mouth.

Take the iuyce of Woodbine, and the iuyce of Solsequi, that is, Marigolds, and Honey, the powder of Canell, the powder of Coppezas, and the powder of wilde Sage burnt and mingled altogether, and lay it thereon where the Canker is, and it shall dry it. But to slay the Canker, take a red Onion and lay thereon.

Carduus eaten or drunk in powder prouoketh sweat.

A Mouse rosted and giuen to Children to eat, remedieth pissing the bed.

A precious drinke for the Pestilence approued.

Take Feuerfew, Matfelon, Mogwort, Solsequi, Scabions and Mallowes, wash them and stamp them, and temper them with Ale: and giue the sick to drinke six spoonfuls at once, if he haue it betimes, it will destroy the corruption, and saue the sick Patient.

A singular medicine to resist the Pestilence.

Take powder of Saffron ten graines, Walnuts twenty graines, two Figs, and fir Sage leaues stamped together, with ʒ. i. of Pimpernell water, and three graines of Mithridatum, keepe this in a close Glasse, and eat thereof in the morning xii. graines, and this will defend the receiuer from the Pestilence.

The great Garden Docke being drunke in wine, purgeth flegme, choller, and water downwards.

The vertue of Mother-wort.

It groweth by the high-wayes and stony walls, bushing with many stalkes, leaued like a Nettle, but more ragged, and towards the bottome like unto Crowfoot. It is of wonderfull force against any sickneſſe of the heart, whereof the chiefe name is deriued: it helpeth Crampes and Palsies, it killeth wormes in the body, it cleanseth the breast from flegme, it doth open cold obstructions, it prouoketh Urine, moueth womens flowers, the iuice being drunke, or the herbe in decoction: and a spoonfull of the powder of this herbe giuen in Wine, helpeth

helpeth the hard labours of women.

An excellent Medicine against Impostumes, Plurisies, Coughs, and all diseases in the brest.

Take a handfull of Scallions, the herbe tied, Liquorice cut small an ounce, twelue Figs, Fenell seed an ounce, Aniseeds as much, Orius halfe an ounce: lay these in water or white Wine a night, the next day boyle them till it bee consumed to a third part, then sweeten it with Sugar.

A medicine for the Collicke.

Take Dates and parch them as you doe Peason, and as hot as you can suffer it, lay them to the Nauell in a Linnen cloth.

For the same.

Take a faire flat stone and make it red in the fire, then take it out and let it coole till the redneſſe be past, and then take a halfpeny worth of Saffron, and lay it upon the stone, and turne it up and down till it be all come into powder, then take a spoonfull of Malmsey, and put the Saffron thereunto and drink it, the paine will soone cease.

A present remedy against the Plague.

Take a great red Onion, and make a hole in the midst, and put a spoonfull of Triacle, rost him in the fire: take a spoonfull of Vinegar, a spoonfull of Aqua composita, bruise them altogether, straine them through a cloth, and giue it to drink.

For the Cough.

Take three Figs and rost them, and put them in a cup of Beere, and a little Liquorice and Aniseeds beaten, then let it stand by the fire till it bee warme, then take out the Figs and eat them, then drinke vp the drink, and goe to bed warme, and in foure nights it breaketh the Cough.

To allay heat.

Take of Vinegar one part, fine Sugar two parts, running water foure parts, boyle them altogether to the one halfe and more, and when you shall occupy it, take a spoonfull and a halfe of the said syrrope, and eight or nine spoonfuls of Barley-water, drink it.

To breake flegme.

Take a quart of Muskadell, a pinte of Hylop water, three good races of raised Gin-

Ginger, and as much of Liquorice cleane pared, then take two penny worth of Sugar Candie bruised, put all these in a glasse, shake them together: couer your glasse foure and twenty houres, and drinke thereof morning and euening.

A preparative before you purge the Stomacke.

Take Sene three ounces, of Polypody three ounces, of Aniseeds three ounces, seeth all these in a quart of water to a pinte, and straine them through a faire cloth, put in Sugar to make them pleasant.

To purge the Stomacke.

Take a handfull of Mercury, as much of young Mallowes, an ounce of Sene, three spoonfuls of Aniseeds, put them in a pinte of white Wine, and as much Ale al night, the next day seeth them together till half be consumed, then drink therof a good draught in the morning and sleep vpon it.

An excellent purger from all parts of the body.

Take an ounce or two of perfect Turpentine of the chiefest, bruise it an

diſſolue it in a mortar with a Peſtill, with halfe the yolke of an Egge, put therto three ounces of Smallage water, beat them together till it be like milke, and ſup it up, but firſt waſh your Turpentine in Fennel-water.

To make the haire of the beard to grow.

Take Cane roots, Briony roots, Beets, Radiſh, Flower de Luce, and Onions, of each alike, the quantity of foure ounces, ſix fat Figs ſtamped and bruiſed very ſmal, Maidenhaire, Sotherwood, Dill, of each a handfull, ſeeth all theſe in good Wine, then wring out the Liquor, and ſtraine it thorow a ſtrainer, then put to it freſh butter neuer ſalted, pure Hony two ounces, Oyle of Almonds ſweet and ſowre, Oyle of Beſanis an ounce, Drimell ſquillitica halfe an ounce, the powder of Peale, Nigella, Fenegreeke well ſifted, and thoroughly boulted in a boulter, one handfull of Graſſe, Labdanum an ounce, ſet theſe upon the fire, and ſtirr them well till it be thick. This Linament being applyed to the chin and cheeks, will become haire, the body firſt purged from all filth inwardly, proued by experience.

Mrr-

Marmalade of Quinces.

Take your Quinces and core them and pare them, then put to them so much water as shall suffice to boyle them so tender that they may be strained, when they be sodden put out as much of the liquor as you leave, when that you have sufficient to straine it, then let it stand until the next day morning, and measure with a pound dish how many pounds of substance you have; then take to every eight pound of Quinces fix pound of Sugar, then put it to the liquor that you kept before that your Quinces were first sodden in, and then set it on the fire and let it seethe a while, and clarifie it with whites of Egges, then straine the said liquor, and put it to the substance of the Quinces aforesaid: and so set it on the fire, and let it boyle untill it have a faire colour, that it may cut at the sides of a dish, then put it into boxes. If you will put in any Muske, take Rose-water in a saucer, and put in your Muske, and when you have taken your Marmalade from the fire, immediatly put in the same Rose-water and Muske, and stirre it together and box it.

A Whay for Itch or breaking out.

Clarifie Whay with the leaues of Succorie, Endiue, Borage, of each an ounce: of Fumatory flowers, of Hops an ounce, one Fennell and Succory roote bruised, of great Raysins an ounce: let these be clarified with a quantity of whay, drinke thereof euery morning a draught warme, fiue or six mornings, then take an handfull of Sene sodden in a pot closely stopped, from a pinte to a quarter of a pinte, with a few Aniseeds bruised: then straine it and drinke it in the morning fasting, and by and by a little Aleberry and some thin broth.

Oyle of Myrrhe healeth all Kibes, burnings, Pimples, Clifts about the Fundament.

Oyle of Tartare mingled with Camphire, the face being therewith annoynted, it maketh it faire and smooth.

For a cut or sore bruise.

Take Roots of Louage, Alehose, Parsly, Ana, ʃs. beate them in a mortar very fine: then take Barrowes greaſe and boyle them together; then straine forth the iuyce, and take as much vnwrought ware as a Walnut,

nut, halfe as much Rosin, and let them boyle together: and after you haue thus done, let it passe thorow a strainer into a little pan of water: then let it stand vntill it be cold, then labour it in your hands vntill it be somewhat short: then wrap it in a Leather, and so vse it.

For a weake backe.

Take six crops of red Nep: two spoonfuls of Archangell flowers: and shred them fine: and take two new laid Egges and stir it together: make three or foure Fritters with a morsell of sweet butter, fry them in an earthen pan, and let them be eaten without Bread or Salt: but with fine Sugar.

The plaister for the backe.

Take white Archangell flowers & leaues, Camphry leaues and roots, i. z. Plantaine, and Bursa pastoris, Ana, i. z. beaten very fine, and put to them a spoonfull of Hony, and fry them in a frying pan, and diuide it into foure parts, and make of euery part a plaister, and so lay it to the backe, euery night a plaister.

Maister *Roses* medicine against the stone, and to cause one to make water.

Take a new laid Egge, and in the great end thereof make a hole, and take out the yolke and white of it, and lay the hole of the same Egge downwards upon a hot brike stone vntill it be purged, so that you may make pouder thereof, then take it and drinke it with white Wine first in the morning, and last in the euening, and it helpes.

For heat in the reines, and to avoid the blistering of the mouth.

Take Liuerwort, Sorrell, Succorie, Balme, Ana, i. ʒ. and seethe these in a quart of Whay well clarified halfe an houre, and drinke thereof euery morning a draught of halfe a pinte at once.

For one that is deafe.

Take sweet Ballet oyle halfe a pound, adde to it Wormwood, Sorrell, Aniseeds, Periwincle, Ana, ℥i. ʒ. and dry all this to pouder. Take pouder of old Roses, an ounce of Coloquintida, being boyled in oyle a good while, then straine it through a cloth a good while, and put thereof three drops into the eare of the party that is grieued being

being warme, and vse this euery day twise: this hath bene proued.

Against the Piles.

Take a great siluer Eele, flea him, draw him, and let him touch no water nor Salt, cut him in gobbits and rost him: the first dropping being cast out, take the next dropping, and with a fine Linnen cloth being dipped in it, the dropping of the Eele being hot, and so with the cloth bake it vpon the places grieued, this will helpe be they neuer so soze.

For the passion of the heart.

Take red Rose leaues, the powder of Saffron, the Oyle of Mace, and melt them together, quill the same in a little thin silke, and draw it ouer with a little thin Cluet, and apply it to the region of the heart.

For the Itch,

Take twelue of the yellowest Docke roots, scrape them as you will scrape Parsnips, cut them small, and stampe them very fine, set them ouer a Chasingdish of coles, and put therein halfe a pint of sweet Butter, and let them boyle together, till your roots be ready to straine, and when

they be thoroughly boyled, straine them, and when you haue so done, put thereto a spoonfull of Brimstone beaten to powder: then stir them both together, and set them in a cold place, and it will be a salue, and so let the patient annoynt his body before the fire, and let it soke into the skin, vse it morning and euening.

For a Fellon.

Take Leauen very sower, and crum it into a little Pipkin, then take a quarter of a penny dish of Butter, and foure spoonfuls of Rose Vinegar, leaues and all, and so boyle all together, and lay it to the place as hot as may be, this is proued.

To destroy an Impostume.

Take the roots of Hollihock, and wash it very pure, seeth it till it be tender: then put the water that you sod it in, into a cleane vessell: then take Linseed, Fenegreeke, of each the like quantity: and looke that you haue as much of them both as of the root, then seeth it in the same water vntill it doe rope as birdlime, then stampe the roots, and put thereto Barley meale, then mingle al together, and fry them with Bores grease, and lay it to the sore plaister wise.

For

For the Reume and Cough of the Lungs.

Take young Elicampaine roots, a pound of Setrach, of Maiden haire, Ana, ℔. ʒ. all being new gathered, scrape the Elicampaine roots, and cut it into small slices, sæthe them all together in fiue pintes of running water till they come to a pinte and an halfe, then straine them, and put thereto fine Sugar thrée quarters of a pound, then boyle it till it come to thrée quarters of a pinte, then take two yolkes of new laid eggs, and beat them, and let them boyle together while you may say the Psalme Miserere, and take hereof at night a spoonfull, and another in the morning, lying on their backes an houre after they haue receiued it: and in foure dayes kæping them warme, it will rid the greatest Cough that is.

For a Canker, or disease of the Gummes, or throat.

Take a handfull of Plantaine, a handfull of Hony-suckles, an ounce of Daste leaues, halfe a handfull of Sage, a quart of running Water, these things being boyled therein vntill it come to a pinte, then straine them, and put therein fiue

spoonfuls of sharpe vinegar, fiue spoonfuls of stone Hony, as much Roch Alume as a Walnut: this is proued to heale the Canker.

A gargill for a furred mouth.

Take Barly water, Strawbery leaues, and sinkfoile, Ana di. ʒ. a sticke of Liquorice, di. pinte of white vinegar, let it run thorow a twofold linnen cloth, it is good for a furred mouth or throat.

To heale the Canker upon the Yard.

Take an ounce of Roch Alume, and halfe an ounce of Verdigreese, with Smiths water, and put it in some vessell of glasse, and seethe it two houres, straine it, and vse it as you thinke good.

Pillute Eliphange, helpeth the stinking of the mouth, being taken euery day nipped betwixt your teeth.

For a stitch, or wind Collicke.

Take Capillus Veneris, Parslie roots, Fennell roots, of each a quarter of an ounce, bruise those herbes, and drinke that iuyce with white wine.

Haire to grow.

Acornes burnt, and mixt with Venices greese.

Against

Against spots and pimples of the face.

Nigella brayed and mixed with Flower and Hony, and make thereof an oyntment, and anoynt therewith the spots at night, and in the morning wash them with Parsly water.

For an hot burning of the stomacke grown of choller, which causeth the Fever.

Take Borage, Mallowes, Fumitory, Violet leaues, Beets, great Raysins, the stones taken out, Prunes, Polipody, with a little Dill: seethe these in pottage, and eat thereof.

For a sauffem face.

Take the iuyce of Houseleek, and the iuyce of Tansey, and seethe them in a pinte of white Wine to halfe a pinte, and when it is cold, lay it to the face with a flaren cloth dipped in the same, and so let it lie all night, and when it is day, then you may wet it so often as you list.

For an Ache.

Take Oyle de Bay, and Aqua vitæ, a spoonfull, and mix them together, and anoynt it:

For heat in the face.

Take a pound of Almonds, a pinte of warme water, straine them, then put thereto halfe an ounce of white Camphire, a pint of white Wine, beat them together, and straine it with a pinte of Maiorane water, and put it in a Glasse, and wash therewith.

For the same.

Take Vinegar halfe a pinte, Dæres suet as much as you can hold in your hand, Brimstone so much as will goe into an egge being finely bruised, seethe them altogether till they be almost dry, being made in a ball, take a little thereof and put it into a Sawcer, and melt it with a few coles, then take a fine cloth and dip therein, and rub softly the place where the corruption is, untill it be taken away.

If this helpe not within a Moneth, then drinke euery morning a cup of Beere, put into it fine English Madder finely picked, bruised, and searced, and drinke it.

For the same.

Take Capons grease, melt it and straine it thorow a cloth, and let it stand to cole a quarter of an houre, then put in Brim-

stone

stone finely bruised, and mingle it with the Capons grease, and annoint the face therewith when you goe to bed, where the pimples or rednes be, and in the morning wash it in Rose water luke warme. Remember you picke not your nose: if you will have it stronger, put in Ginger finely beaten, a peny-worth of each will serue, but of Capons grease two peny-worth.

To vomit up Choller.

Take six Docke roots cleane washed, and the pith taken out, a few tops of Red Mints, and a little Wormwood being steeped in a quart of Ale, or white Wine all night, and drinke thereof halfe a pinte at a draught: it is good to cleanse the body in all parts, as before is said, perhaps with a stoole or two, this is approued, being taken betweene March and June.

For a Fellon.

Take twelue Snailes in the Garden, and beat them shells and all vntill that it come to a salue, and apply it, and when it waxeth dry, take fresh still, and it will kill, heale, and draw.

To stop the whites in women,

Pomgranat flowers, the kernels of Pine Aples bruised together, with two or three branches of Saint Iohns wort, being boyled in a quart of red wine, from a quart to a pinte and an halfe, and drinke morning and euening.

For the stuffing of the Lights and Lungs.

Take Arthemesia, Epithimum, red Sage, Rosemary tops, red Fennell, of each an handfull, a Galingale root, halfe ʒ. of greene Ginger, halfe ʒ. of Manus Christi, a sticke of Liquorice, seethe it from a quart to a pinte.

For the heat in the backe, approved by Doctor *Huicke*.

Take the water of Plantaine distilled, or the iuyce thereof put to the leaues, the leaues of red Roses distilled, and the water of red Roses, and the water of red Rose Vinegar, then put all these together in an earthen pot, and put into the water a Linnen cloth, and let the same steepe there: then after a while take it out, and with a few leaues of red Rose cake, lay it to the Backe, and when it waxeth hot, vse

another cloth dipped therein.

To dry up the Reume.

Take Nutmegs, Cloues and Mace beaten to powder, with the powder of Rosemary, boyle these together in sweet Sallet oyle vntill it be somewhat thicke: spred it vpon a cloth, and lay it to the crowne of the head, this is approued to helpe it.

To keepe the eyes cleare, coole, and from redneſſe, and to kill the Itch.

Take of Plantaine two handfuls, houſeleeke one handfull, stampe them and straine them, and let it settle, then powre out the cleare iuyce from the droſſe, put thereto halfe as much red Roſe water, and a quarter of a ſpoonfull of white Sugar candie in powder, then take Lapis Calumniaris, a peece as big as your thombe, and flake it twelue times in the ſame water, and hereof put foure drops morning and euening lying vpon your backe. Approued.

Againſt the Collicke and Stone in manner of a Plaiſter.

Take Parſley, and Smallage, Ana, two ſpoonfuls of Capons Greaſe, put this in an earthen veſſell, putting the one ſpoonfull

in the bottome, and the other in the top upon the herbes, set these on the Embers to boyle from morne till night, then stampe them and straine them, and spred the oyntment upon a linnen cloth, and lay it hot to the Nauell and bottome of the belly.

A Clyster to be given to a Child, or a woman in Child-bed.

Take a pinte of new Milke, three ounces of red Sugar Candie, boyle your Milke well, then take it off, and let it stand, till it be no warmer than you can abide it on your cheeke, and with a Clyster-pipe put it vp.

A Clyster.

Take a Hen-pullet, draw it very cleane, and breake all the bones thereof, then seethe it with a quart of Liquor, untill that it come to a pinte, then take an handfull of Spinage, one handfull of Marsh-Mallowes, or other Mallowes, and an handfull of Violet leaues, seethe these herbs in the liquor of the Pullet very wel, with as much salt as will season an Egge, then put thereto a Saucer full of pure Sallet Oyle, and warme it.

To

To breake the Stone.

Take a Cocke of a yeare old, and open him, and you shall finde in his Maw small white stones, take them and beat them in a brasen mortar very fine, and put it in good white Wine, and drinke it, and it will breake the stone.

Against Tooth-ache

Take a little burnt Roch Alume, and in the burning put a little fine Lint into it, and put it into your tooth that is hollow, this will ease the paine.

A medicine to strengthen the backe.

Take a quart of good Ale, three or foure whole Maces, and as many Dates, the stones taken out, and pith also: then take the tops of Rosemary a good handfull, and boyle all together from a quart to a pinte, then take the yolke of two or three new laid Eggs, and take off the rinde about the yolke then put the yolke into the Ale, and boyle them together, and stirre them well, and so drinke it morning and euening.

For the heat in the backe.

Take Vngu. Frigidum Galeni ℥. iii. you must take the ointment and spred it vpon

fine Linnen cloth, being first dipped in red Rose water, then warme it against the fire and so lay it upon the kidneyes, and when it wareth hot, take it off, and lay to another.

For the Collicke and Stone.

Take the cuttings of a Vine, and dry them thoroughly, when you will make your medicine, burne them, then take the ashes that doth come thereof, and put it into a pinte of Rhenish wine, or White wine, and let it stand in it all night, and in the morning drinke thereof: thus bring the quantitie of the vine to the quantity of the wine, Probatum est.

To stanch blood.

Take the best Winegar that you can get, Plantaine water, of each two pounds: and therein wet diners Linnen cloths, and lay them to the soles of the feet, the palme of the hand, and against the Liver: and the blood shall forthwith stanch.

To take away spots from the face, and Sun-burning.

Take the juyce of a Lemmon with a little Bay salt, wash your hands with it, and let it drie, then wash them with conduit water

water, and you shall finde all spots gone: it is good against scurfe, or such like.

Against the stuffing of the Lungs.

Take and make a posset of Sack and Ale, with aniseeds and Liquorice beaten to powder, and let it seeth with the drinke, put in it a good peece of Sugar, and Orege, if you have any, and drinke thereof every morning, and it helpeth.

A water to wash the Yard for one that had the running lately of the Reines.

Take Daisies, Plantaine leaues, and Woodbinde, of each three handfuls, of the best English hony, and a peece of Roch Alume as big as a Walnut, boyle all these in a quart of faire water, with a pretty quantity of red Rose water in an earthen pot close couered, so long as you will seeth an Egge vntill it be hard: then straine it, and with this water with your Syringe, squirt it into the Yard, the water being luke-warme, so that the pipe thereof be put in an inch or more and spout it strongly that the water may come behind the sore place; and so vse it every day three times for a moneths space.

For ſinewes that be ſhrunke, in manner of a plaiſter.

Take 12. young Swallowes out of the neſt, take alſo vnſet Time, the leaues and ſtrings of ſtrawberies, and Lauender cotton, of each a handfull, and ſtamp them together, and the ſwallowes with their feathers, guts and all: then ſtampe them in a mortar and ſo boyle it in May-Butter, then let it be put in an earthen Pot, ſtopped cloſe the ſpace of nine dayes, then ſeeth it again with ſome more May butter, and ſtraine it: and when need is, chafe it againſt the fire.

For ſore eyes that ſmart or itch.

Take Lapis Caluminaris, and make it hot in the fire, quench it in a pinte of white Wine 3. or 4. times: then take the ſtone and ſtamp it to fine powder, and ſtraine the wine with the powder, and put it in a glaſſe, and when you haue need vſe it. Remember to ſhake the glaſſe till it be thicke, and with a feather drop two or three drops in your eyes, the party lying on his backe.

Againſt the Sciatica.

Take foure or fiue great Onions and roſt them very ſoft, then pill and ſtampe them in a mortar, and put thereto halfe a pinte of

Aqua

Aqua vitæ, three spoonefuls of Neats-feet oyle, and boyle them together till it wax very thicke, then straine them, and therewith annoynt the griefe, chafing it in before the fire a quarter of an houre euening and morning, then lay a wild Cats skin thereto, the hairy side next your flesh, and within fifteen daies you shall finde ease.

An oyntment for Aches, Bruses, Lamenesse, Stitches, Gouts, hardnesse of the Splene, Ague, Cankers, and for paine in the Eares.

Take of Sage and Rue, of each a pound, of Wormwood and Bay leaues, of each halfe a pound, of Sheepes sewet cleane picked from the skin three pound, of sweet oyle Oliue a pottle, chop the Herbes very small, and then stampe them as small as may be, then shred the sewet very fine, and put them all together, then stampe them all together vntill the sewet be not seene: then take it forth and put it into a faire pan, and put the Oyle into the pan and couer it close, and so let it stand for the space of ten dayes: then take it forth and breake it into a braſſe pan, and set it on a soft fire, and alwayes stirre it vntill the Herbes bee

cracking, then take it off and ſtraine it thorow a wide Canuaſſe cloth, into a faire earthen pot, and ſo keepe it. For thoſe behement aches, when you ſhall lay of this oyntment vpon it, you muſt take woll that groweth betweene the ſheeps legs, or the longeſt of the woll, and card it in broad flakes, and baſte it vpon a Linnen cloth, and keepe that alwayes to it.

To cauſe one to piſſe.

Take horſe dung of the ſtable, new May Butter, and Aqua vitæ, of each like portions, fry them together, and make thereof a plaiſter, and apply it to the patient from the Nauell to the fundament, as hot as you may ſuffer it, and feare not though it cauſe to make blood iſſue, for ſuch is the working of the medicine: it cauſeth the ſtone to auoid, approued.

A ſoueraign medicine for an ache in the ſhoulder.

Take Figs, and Raiſins of the Sun, of each a like quantity, and halfe aſmuch Muſtard-ſeed, and beat them very ſmall, grinde them with the beſt Vinegar, in a paire of Muſtard Quarns, that done, ſpread it vpon a Lambs skin, and lay it to the ache.

To

To stanch blood at the nose.

Take an Egge and breake it, and put out the meat, then receiue so much blood as will fill the shell, of the party bléeding: that done, set the same in the fire vntill it be hard, then burne the same to ashes, and it will stanch the bléeding.

Idem.

Take an Inkle, & binde the person so bléeding about the temples of the head, and knit the knot therof in the neck, and it stancheth.

For an Ague.

Take three pints of Ale, an ounce of red Sage, the like quantity of bay leaues, three ounces of fine Sugar, with a spoonfull of Pepper, séeth all these together in the Ale vntill it be sodden to a pinte, then straine it through a faire cloth, and drinke this before the fit commeth.

To binde to the hands, being parcell of the same medicine.

Take asmuch grene Glasse as will fill a spoone, being beaten to powder, take three spoonfuls of stone honey, with an handfull of red Sage: mingle these with a head of Garlicke, putting thereto as many Cobwebs as will temper the same, being an Egge-shell

full, then take them altogether, and vse this a quarter of an houre before the fit: this must be vsed round about the wrists.

For one that consumeth, to be eaten in the mornings.

Take a new layd Egge, let it be reare rosted, and put thereto a cake of Manus Christi, and let it dissolue in it: and eate the same euening and morning.

For a cold stomacke.

Take a new laid egge being reare rosted, and put thereto a pretty quantity of grosse, Pepper, let him eat it next his heart, to dissolue cold humors.

For the swelling of the heart, and breaking of flegme.

Take a quarter of a pinte of Damaske Rose water, three spoonfulls of white wine with a few sops of white Bread, a pretty quantity of Butter and Sugar, this being boyled vpon a Chafingdish of coles, let the party eat thereof three or foure spoonfuls after meat.

Take a small quantity of Malmsie, Butter, and Vinegar of Roses, boyle them on a Chafingdish, and put thereto a Rose cake to heat in it, vntill it be thorow soked, and

lay

lay it to the stomacke, and let the party bee rolled.

Against an Ague, the Plague, and good to comfort nature.

Take a pinte of Malmsie, and a handfull of May-weed bruised, and the iuyce thereof put in the Malmsie, and let the party drinke thereof.

For the winde Collicke.

Take of Sacke and Aqua vitæ, of each a quarter of an ounce, put thereto a peece of Sugar, and let the party drinke thereof.

To cleanse the inward parts, and for the rising of the Lungs.

Take a pinte of Sack & burne it, for to allay the heat thereof, put therein a penniworth of Triacle, a little Ginger, a Nutmeg grated, Cinnamon a good quantity with Sugar, & after it is boyled, put therto a penniworth of Sallet oyle, and drinke thereof morning and euening, it will cleanse the body.

For an Ague.

Take a pretty quantity of Maskadondilies the blades, bruse them, and seeth them in a pinte of Ale or Wine, with a spoonfull of Graines bruised: let the party drinke thereof before his fit come.

For one that is deafe.

Take a red Onion, and cut out the core being in the midst thereof, putting therein the Oyle of rosted Almonds, the Onion being something warme: the next morning when it is told, let the party grieued cause one to drop three drops thereof in the eare of the party in the morning or euening, stopping his eare with blacke Wooll that groweth vnder the Sheepes eare; and let him lie vpon the same side.

Idem.

Take the iuyce of ground Ivy, and white Coppers being burnt, and lay the same in the iuyce of the Ivy till it be dissolued, and so vse three drops morning and euening.

For the bloody Flux.

Take Iuven Almonds and blanch them, and let them boyle in English honey til they be blacke, and so eat them with a little of the best English Honey.

Amber Beads beaten to powder, and put into a Chafingdish of coles, the party grieued must sit ouer them, as if he would ease himselfe.

An excellent medicine for the greene Sickneſſe.

Take

Take a gallon of morning Milke after it be setled, creame and all: take also a breast of the Youngest Weale, and the fattest you can get, wash it faire, and dry it with a cloth, so that no water remaine, bruise the same bones and all, and put it into the milke, take twelue Dates or moe, and cut them in the midst, and take also a quarter of an ounce of whole Mace, and halfe a pound of Currans, two handfuls of Mints, an handfull of wild Time, and put all these into the milke with the Weale, and let the liquor seeth vntill it be halfe consumed in seething, & when it is well sodden, it will be as Jelly: when it is cold the Patient may either drinke it being warme as a broth, or may be eaten as Jelly being cold. If the patients stomacke will beare it, make a tost of wheaten bread, and soke it in Malmsie, and strew vpon it the powder of Mints: the party must vse this fiue or six weekes, or as long as you thinke good being towards Spring time, with some exercise.

To prouoke urine speedily.

Take wood-Betony both roots and leaues, wash them, and put them to dry in a Siue, in an Ouen where brownе Bread hath bin

newly drawne, vse halfe a spoonfull of this powder in white Wine, Posset drinke, Potage, or in your drinke.

For heat in the Liver.

Take a quart of Strawberies, wilde Tansie, three pints of new Milke, still all these together, and drinke it in the morning next your heart, and wash your face therewith.

To preserve nature, to eat a
mornings.

The yolke of an egge with Manus Christi.

To make a Clyster.

Take a fat Sheepes head, or a Capon, a handfull of Béets, a handfull of Mallowes, a handfull of Violets, and if the Patient be hot, take three spoonfuls of Dyle of Roses, if cold, take the like quantity of Dyle of Violets, boyle all these together vntill it come to a pinte, then straine it, and let the Patient drinke.

For one that is weake, and to comfort
the Stomacke.

Take a pinte of Sack, and burne it with a top or two of vnset Hisop and Rosemary, take three Dates beaten in a mortar to pap and let it burne with the Wine: also with

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a new laid Egge beaten, a spoonfull of Damask-Rose water, and a spoonfull of Sallet oyle, drinke this in a morning first, and at night last.

Malmsie burnt with an halfe pennyworth of Saffron, being dryed to powder, with Sallet oyle and Triacle, of each an halfe pennyworth: use it morning and euening.

Idem.

Nettle seeds dried and beaten to powder, and drunke with Malmsie euery morning.

To restore nature, and helpeth a weake backe.

Take a quart of Sack, a top of Rosemary, Winter Sauery, Pentriall, of each a like: as much Ginger and Nutmegs as will burne the wine. Then take a new laid Egge or two, yolkes and all, and beat it with three spoonfuls of red Rose water, and put thereto a peece of Sugar, then take the burnt Sacke, and burne it with the egges a good while, and put in it a Mace, and it will be in manner of a Caudle, use to drinke of this warme three times a day, morning, after dinner, and when you goe to bed, put therein some Sallet oyle.

To ſtay running of the Reines.

Take a pinte of Milke, and a good quantity of Oatmeale, being well bruiſed, and ſæth it with the milke, and put therein a good pæce of Sugar, and eat the milke thereof being ſtrained.

A precious oyntment or Oyle for ſwelling or aking in feet, legs, or in knees, taken with cold, being excellent to heale a wound or old bruiſe, and ſhrinking of the ſinewes: alſo it is very good for all ſores or aches whatſoever.

Take a gallon or a pottle of the beſt Saliet Oyle, then take Sage, Lauender, Sothernwood, Wormwood, a quantity of Camomill, after the quantity of the Oyle, and cut the Herbes ſmall, then put them in the oyle in a faire baſon of Laten or other mettall, and ſtir it well together: and put in ſo many Herbes, that it may be thicke ſtanding, and ſo let them ſtand and rot a moneth full, then make a faire fire of Coles, and putting to a quantity of the ſame Oyle, ſet it on the fire in the ſame Baſon, and let it boyle three houres or more. Then take it from the fire and let it fry, and when it is

milke.

milke-warme, or somwhat hotter, then take a bag of great Canuasse, and with a staffe straine out all the matter as cleane as you may, then put it in a Glasse or some other faire thing, and keepe it well closed, and it will continue in his vertue twenty yeares after. Probatum est.

For stewed Mutton.

Put your Mutton into a Pot with faire water, and let it seeth and scum it faire, then put in salt, make not too much broth, then take Hysope, Time, and Parsly, and chop them small, and put them into the pot with a little pepper: then serue it out with sops, and if it be in Winter, put in some Carret roots.

To dresse a Hare or Cony in broth, with a pudding in their bellies.

Your Hare or Cony being flead, and the eares left on, let it be washed in two waters, having before prepared in a readines, grated bread, Currans, sweet Mutton sewet, or Beefe sewet finely minced with pleasant and wholsome herbes, as Winter-Sauery, and Penirall, with sweet Maiorane, these also very finely chopped, and seasoned with Pepper and Salt, Cloues and Mace,

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the yolks of three Egs, with sweet Creame and Sugar, with two or three Dates, all these mingled together, put into the belly of the Hare or Cony, and so sow it vp. Then take Mutton broth of the best and fattest, put it into a Kettle where your Hare may lye compasse, or Cony long wayes, after it hath boyled a little put it in, and put thereto Grapes or Gowsberies, sweet Butter, Salt, Verjuyce, Currans, grated bread and Sugar, and when it is boyled serue it forth with sops.

Mutton.

Put your Mutton in a pot with faire water, and let it be well scummed, then take some tostes of bread and tost them browne, and then cast them into cold water, but take them vp againe quickly, and let them lye and dry a while, then straine them with wine and vinegar, and so put it into the Pot and let it boyle, put in some Pepper, whole Cloues and Cinnamon, and let all this bee well stewed, but forget not Salt. Serue it out vpon sops, and boyle some Onions in it cut into peeces. And likewise this will serue for Venison, Mallards, and Meales.

To

To boyle Chickins with Endive and Succorie, or Lettice, or any other cold Herbes.

Prepare a loyne or a rack of good mutton with a marrow bone or two, and being chopped, put it in a pipkin with faire water ouer the fire, let them ſæth a prætty while together, then take halfe of it out of the Pipkin, and ſtrain it with a ſtrainer, then put in your Chickins afterward, hauing prepared your cold herbes clean waſhed put them in. And hauing ſteeped your white bread ready to ſtraine through a ſtrainer, let your broth be therewith thickned. So take Pepper, Salt, Verjuyce, and Sugar, and ſeaſon your broth: then vpon ſops ſerue it forth with the marrow vpon it.

For ſmall Lampernes.

Let your Lampernes bee cut in ſmall peeces, then take a frying pan with Butter and Onions minced, and ſo fry them together: And when they bee well fryed, put them in a pot, then take two toſtes of browne Bread, and toſt them well, then ſtraine them with a quantity of Vinegar, Wine and Water, and put thereto a little Pepper, Cloues and Maces, and boyle

all this together with your Lamperns, vpon the Coles, and so serue them out with sops.

To potch Egges in broth.

Take Verjuyce, and faire water, and a dish of new Nest, and put therein Cloues, Mace, Currans, Sugar, sweet Butter, a handfull of Spinage, and let them boyle a good while: then hauing potched your Egges in faire water that is seething, lay your Egges in broth, and serue them forth with Herbes laid ouer them.

To bake Breame, Trout, Mullet, Pike, or any Fish.

Let them be well seasoned with Cloues and Mace, Salt and Pepper, and so bake them with small Currans, Verjuyce, Butter, great Raysins, and Prunes.

For Sops on the Fish dayes.

Take some Onions and fry them with Butter a while: then take water, Pepper, and salt, and put all together into a pot with the Butter and Onions, & let them simper vpon the fire. And so serue them out vpon sops, and cast a few small Raysins vpon the sops, and put the broth vpon them.

For

For Spinage.

Take Spinage and wash it well, then lay it vpon a boord, and giue it fiue or six chops with a knife, then put it into a frying pan with a little faire water and seeth it well, then take Butter, Verjuice and salt, and put it to the Spinage, and so boyle it together in a pot, or betweene two platters, and so serue them out with sops.

Sod Egges.

Seeth your Eggs almost hard, then peele them, and cut them in quarters, then take a little Butter in a frying pan, and melt it a little browne, then put to it in the pan a little vinegar, mustard, pepper and salt, and then put it into a platter vpon your egges.

For Oxe tongues boyled.

When your Oxe tongues be boyled, take them and peele them, and cut them ouerthwart in small peeces, then fry them with Butter, and put them in a pot with toasts strained with wine-vinegar and water, and so let them boyle: put thereto salt, Onyons quartered, Pepper, Cinnamon, and whole Cloues, and so serue them with sops.

Spinage.

Take Spinage and parboile it well, then

wring the liquor cleane from it, then chop it very small, and put it into a platter, and breake some Egges into it: then take a handfull of grated Bread and put into it, and Sugar, with a little Salt, and beat all these together, but let it not be too thick nor too thin, but better thicke than thin, then take a Frying-pan with some Butter, and when the Butter is a little more then melted, take a spoone, and lay your Spinage in the Frying-pan euery spoonfull by it selfe, and so fry it as you would fry Fritters, and put it in a dish, and cast Sugar on it.

For Egges.

Take some Egges and beat them well with a little faire water and salt, then take a Frying-pan and melt your Butter: and then put in your Egges, then take a knife and lift vp your Egges, that the raw may goe all to the bottome of the pan, then turne it vp with your knife on euery side that it may be square, then lay a dish vpon the pan, and turne the pan vp-side downe vpon the dish, and so serue in your Egges with Verjuyce or Vinegar, which you will.

A drench to plum up an Horse, and to expell Cold, to cleare him of the Glaunders, and to open the Pipes.

Take ground Ivie, alias Groundell, Enula Campana of each a handfull, stamp them and straine them in Ale, seeth them altogether, then take of Fenigreeke, of Turmericke, Aniseeds, of Cummin seeds, of Garlicke, of long Pepper, of Liquorice, of Graines, and if he haue the bots or wormes, giue him Sauin. Giue him this drinke lukewarme a quart at a time, then ryde him till he be hot, then bring him into the stable and litter him well, and currie him till he be thorow cold, then let him stand after vpon the bit, and turne him to grasse.

To a Horse that hath eaten a Feather, giue a branch or two of Sauin day.

A drench for a Cough.

Take a quart of Vinegar, Fenigreeke a penyworth, Turmericke, i. d. Enula Campana, i. d. long Pepper, i. d. Barberies, i. d. Liquorice, ii. d. foure Egges, Aniseeds, lay the eggs in vine all night, and after in these drugs beaten, and giue it the Beast.

To make a good powder to give an Horſe in his provender, or to give him to drinke for a Cough, and other diſeaſes.

Take of Liquorice i. ℔. cut it in peeces and beat it into powder, then take Aniſeeds i. ℔. of Graines i. ℔. of Turmerick. i. ℔. of Fenegreeke i. ℔. one Nutmeg, halfe a pinte of Oyle Olive, and a quart of milke.

To cauſe an Horſe to have a good hoofe.

Take Cowes dung or Oxe dung, and let it be mingled with ſtrong Vinegar, and in the euening apply it, being made very hot, vpon his feet, and wrap vpon the hoofe a peece of Leather, or ſome old rags to keepe in the heat, and within two dreſſings it ſhall be remedied.

For an Horſe that is ſtung with an Adder or Snake, a preſent remedy.

Take three handfuls of Sanicle (it is a weed commonly knowne) and ſtampe it, and put it in new milke, and with an horne drench him. Or take honey and ſalt, and two Onions, then ſtampe them and apply it to the ſore place, and drench him with this compoſition as followeth; Wine a quart, and

and put into it white Pepper, Herbe-grace, and Wine, with a little Treacle.

And if he be pricke with a nayle, this is a sure remedy, search well to finde out the nayle, his Foote being cleane pared, especially the corrupted place or hele, where the nayle had festered, then take Rosen and Wax to fill the same place, and with an hot yron, melt the stone Pitch upon it, and lay thereupon some Cotten, then being well shod again, you may travel him at your pleasure.

If your Foale by chance drinke a Horse-leech, he is in great danger, for by their sucking they will kill him: but presently take sweet Sallet Oyle, and powre into his mouth the quantity of a quarter of a pinte, and it will destroy them presently.

If your horse swallow downe Henbane in his Way, it will so fret his guts, that hee will voide at his Fundament very foule excrements, which being perceived, make him a drench with Parsly seed, Smallelege-seed, Honey and Wine, and walke him at least after it two houres.

If your horse have the Botts, give him every morning two handfuls of Egrimony, without any other meat in his Racke,

till six houres after, and within foure or five daies it shall destroy them.

If your Horse be louse about the eares, neck, or taile, or any other part of his body, take a pound of the best Sope you can get, and halfe a pound of Quicksilver mortified with Aqua vitæ, and with this ointment you shall destroy them.

If he cannot pisse, giue him a quart of Chalke-water somewhat warme. If broken winded, take Lung-wort dryed, or Dwarfe Gentian, and mingle it with his water that he drinketh till he mend.

If he be scabby, let him be let blood, and afterward with this ointment let him be annoynted where the scabs are. Take Soot of the Chimney, soft Sope, the iuyce of Hemlocks and Vinegar, Quicksilver, liquid Pitch and Honey, and mingle them till they come to be an ointment. Kill the Mercury with fasting spittle.

If his backe be galled, take the powder of two old Shoes, being burnt, with a pretty quantity of Butter molten, and powre it vpon your Horses backe very hot, then after that put the powder thereon.

This is approued.

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An excellent medicine for a sore Horse back, if it be never so sore bruised, if there be a Fistula it healeth it, or any dead flesh.

Take a quantity of Alume and burne it, and also take a handfull or more of Barley and burne it, then take the powder thereof and mix it with the Roch-Alume, being both mingled together: powre it vpon the sore, morning and euening, but if the sore be corrupt and full of dead flesh, then vse more of the Roch-Alume, then of the powder of Barley, and when it beginneth to heale, vse them both together, but more of the Barley than of the Alume, this is a most excellent remedy. If you haue no Alume presently, let him take a good quantity of Butter and Verjuice, and put it vpon the fire, and make it very hot, and so powre it vpon the sore morning and euening, laying a little Hay and a cloth thereon, and binding it close all night.

If the horse be pinched and swolne, then keepe it warme, and dip a pad of Hay in water, and lay it vpon it, and keep the Saddle or somewhat else vpon it all night, and it will allay the swelling. Proued.

A preſent remedy for the Cow-flix.

Take a pottle or a gallon of faire water, and put therein ſo many Hedge-floes as will ſuffice to be ſteeped in the ſaid water, and ſet it ouer the fire to ſeeth, and therewith mingle the powder of Chalke egges: which you may haue at the Keele, becauſe it is the beſt and fineſt in medicine: and giue it your Cattell.

For faint Cattell, as well Cow, Oxe, Bull, or Steere.

Only Veriuice is the remedy giuen them to drinke, and preſently turned into a good paſture.

Or elſe thus: take for euery one a pinte of Veriuice, and put therto a little handfull of Bay Salt, and therewith rub their tongues, and afterwards let them drinke the reſt, as we haue before declared.

Sometimes alſo by euill feeding or hunting, their teeth are ſo loſe that they feed not, which you ſhall remedy thus. Take the taile of the beaſt thus diſeaſed, and with your hand feele for ſoft places, which being found, ſlit it along, and binde it vp againe with ſuet and Garlike mingled together, and it helpeth preſently.

But the most perfect medicine that may be giuen, is to haue this speciall care, that they want no water.

An excellent drench to be given to Cattell, either at the Spring time, or fall of the Leafe.

Take hard Soot that commonly is vpon the posts of an house, or Roofe where the smoake hath his issue, which being beaten into powder with Bay Salt, seeth the same in running Water, and giue them to drinke. ranke Iuy with the Soot and Salt, and when the Iuy is soft, wring out the iuyce, and straine it through a strainer, and let your cattell drinke therof blood warme. Often proued.

If they be hide-bound, take the leaues of Flower-de-luce, straine them, and let them drinke the iuice thereof. It is approued.

If they be swolne of the taint, giue them to drinke presently mans Urine mingled with Salt and Triacle. Approued.

If your Cattell, viz. Horses, milch Kine, or Oxen, happen to be bruised or wounded by any misfortune, presently giue them to drinke the iuyce of Sanicle, and also apply the Herbe to the outward part where the

griefe

griefe may happen. Comphrey is of the same vertue, especially for a fall, squat, or bruse.

Snailes stamped with sower leauen and Comphrey, and apply it to any part of the Beast that is pricked with a thorne, it will draw it forth soone.

For Cattell that are sicke, or hurt.

The blood of a Gray mired with Salt, and instilled into the hornes of Beasts is approued, for to preserue them from the Murrain.

If you suspect them to be infected, apply to their nosthrils the herbe Penyriall somewhat bruised.

Or cut the Beast in some part, and put into the wound powder of black Helleborе, which is of this singular vertue, to draw vnto it any poysoned humour, and it yeeldeth present remedy.

A soueraigne drinke for all manner of Cattell that you suspect to be Lung-sicke.

Take the herbe that is called Cowslip, or Lung-wort, it groweth vnder euery hedge, and stampe it, and put thereto Fenigreeke, and Madder with good Ale, and with

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a horne, or pretty Tunnell, drench either your Horse, Oxe, Cow, or Swine, and it shall yeld present remedy, if there be any disease in the Lungs.

Dwarfe Gentian, of some called Wocke-Gillofer, small chopt and giuen to Swine, and all other Cattell, it preserueth them wonderfully from the Murrain, and all such contagious diseases as happen to Cattell in corrupt times.

The bitter Vetch is most profitable to be giuen to Oxen, or other Kine, that you are desirous to haue soone fatted.

The water which standeth in the hollowes of Beeches, doth perfectly cure the naughty scurfe and wild Tetters, or scabs of Men, Horses, Kine, or Sheepe, if they be washed therewithall.

The leaues of blacke Elder are very good Fodder and feeding for Kine, and causeth them to yeld store of milke.

Prick-timber & Spindle-tree is hurtfull for all Cattell, especially Goats, for it killeth them, if they purge not presently vpwards and downwards.

Hogs & Swine are very quick of hearing, and are giuen much to sleepe, and will eat

their owne pigs, and feed vpon vile carrion, which causeth in them many diseases, as Botch, byle, and sore throat. But the best remedy that I know, is to let them bleed vnder the tongue, and to giue them Madder with Prunes, called herbe Trinity, sod in Whay, and it shall heale them presently.

Most precious and approved drenches for all Cattell, but especially for Kine and Oxen.

Take two handfuls of Lungwort, of both kinds of Rue, of the inner rinde of Elder, these being small chopt, let it be put in a gallon of good Ale, which being set ouer the fire in a skillet, let it seeth till a quart be consumed, then stirring it, put thereto of long Pepper, Graines, Liquorice, Aniseeds, Comminseed, and Turmericke, of each an ounce, of Madder a quarter of a pound, and while these seeth, take a great bowle-dish, and put therein a handfull of Bay Salt, halfe a handfull of Garlicke, three or foure new laid Egges, shells and all, two bales of Orlament, grinde all these things with a pestle in the bowle, then take the liquor aforesaid from the fire till it be halfe cold, and put the warme liquor into the bowle, with

with the Garlicke, Salt, Egges and Dylament, brew them together well, and let the Cattell drinke of it blood warme.

Oftentimes by many occasions, Oxen will pisse blood, which may be holpen thus. Take ii. ounces of Bromseeds, ii. ounces of Pepper, iii. ounces of red Phaseoli made all in pouder, and mingle it with a pottle of white wine, and when you giue it them, stir it well together, drench them twise or thrise a day.

Another excellent drench.

Take Bayberies an handfull, of Cominesæds two ounces, an handfull of Madder, a boule of Dylament, of Fenegræke, Turmerick and Triacle, of each an ounce, of Aniseeds, and graines, of each two ounces, these being well pounded, put them into a gallon of good Ale, and set them ouer the fire till they be blood warme, and suffer not your beasts to drinke till noone in the Summer, and in the Winter, not till night.

The vertue of Angelica, or Heale all.

If any person be suddenly infected with the Pestilence, feuer, or immoderate sweat, let him take this root in pouder the weight of a Groat, and put thereto a dragme of Triacle, and then compound them with

foure ſpoonfuls of the water of the ſaid root, and then after he hath drunke let him lye, and ſweat faſting for the ſpace of 4. houres. It is approued.

The root ſteeped in Vinegar and ſmelt vnto: and the ſame Vinegar ſometimes drunk faſting, is an excellent preſeruatiue.

The root and water thereof is excellent againſt all inward diſeaſes, it ſcoureth the gatherings of a pluriſie when it beginneth: It helpeth corrupted Lungs, good againſt the Collicke, Strangurie, and prouoketh termes menſtruall in Women, helpeth inflammations and ſwellings. The iuyce of the root aſſwageth the paine in the teeth being put into it, and worketh excellently againſt the paine of the Eyes, the iuyce of the root dropped into the Eye quickneth the ſight, and purgeth it from all filth, and the water, or powder of the Leafe or Root, hath an excellent vertue for healing of rotten Vlcers, and cankerous ſores, ſo that it cleanſeth them, and couereth the bone with good fleſh.

The herbe Carduus benedictus, or bleſſed Thiſtle, is moſt excellent againſt the head-ache, being eaten or drunke it is good againſt

against the giddinesse of the head, and comforteth the memory, and restoreth hearing: the leafe, iuyce, seed, and water, healeth all kinde of poyson: For the water hath healed a woman whose breast was eaten with a Canker into the very ribs.

Balme sodden in white wine, and drunke three or foure mornings together, purgeth the Breast, helpeth the short winded, comforteth the heart, driueth away dumpish heauinesse, helpeth the falling sicknesse, and all other diseases. If you will distil Balme, chop the herbe small, and steepe it in white Wine a night: it is of soueraigne vertue, for it deliuereth women from their pangs and griefe of the mother: also it cureth the paines of the heart, it restoreth the memory, and causeth sweet and pleasant sleepe.

Betony hath the like vertues, it is of soueraigne vertue to breake wind, and comforteth a weake stomacke, either the herbe or flower boyled, or the water distilled, the drie herbe in powder worketh all these effects, and then alone, or with honey, women that are troubled with the mother, let them vse it: So be short, the leafe, flower, or root of Betony sodden or drunke in Conserue,

Electu-

Electuary, sirrop, poſion or powder, is ſingular for all diſeaſes of the Stomack, Liver, Spleene, Kidneyes, or Bladder. It fraſh the matrix from obſtruction, and draweth from thence all hurtfull moyſtures, for conſumption of the Lungs, Coughs, Dropſies, continuall Feuers comming from the Stomacke: boyle the leaues and flowers of Betony in honied water, and you ſhall haue preſent remedy.

To dry and heale up all ſores,

Take of common Sallet Oyle a pound, of Ceruce foure ounces, of Litarge three ounces, Myrrhe halfe an ounce, make theſe like a Sere-cloth which is made of war.

Approved againſt the Plague.

Take Aqua vitæ three ounces, Roſe-water an ounce and an halfe, wherein lay in ſteepe three dragmes of Cinnamon, yellow Saunders one dragme: ſtraine it thorow an hairen ſtrainer, and ſweeten it with conſerue of Roſes, then take an ounce thereof euery morning, either in a ſpoone, or vpon a toſt of bread.

MVSEVM BRITANNICVM